

Chicken with Leek and Watercress Sauce

Watercress is incredibly nutritious; with its tangy taste and bright green colour it makes a delicious sauce for the chicken.

Serves 4

6 skinless, boneless portions chicken thighs

1 tbsp oil

1 medium leek

1 bag watercress (85g)

150ml white wine

150ml chicken stock

100g half fat crème fraiche

¼ tsp ground turmeric

1 tbsp cornflour

Salt & pepper

1. Cut the chicken thighs into 3 or 4 pieces each.
2. Heat 1 tablespoon of oil in a large pan over a medium high heat, add the leeks to the pan and fry gently to soften.
3. Add the turmeric to the pan, stir well and pour in the wine, bubble to reduce slightly, then add half the stock and crème fraiche.
4. Add the watercress to the pan, cook gently for a few moments until wilted. Transfer the sauce to a blender and blitz to a smooth sauce. Season and set aside.
5. Clean the pan, heat the remaining stock over a gentle heat, when hot, add the chicken pieces, stir, put a lid on the pan and cook gently for 20mins.
6. Once the time is up, return the sauce to the pan and bring back to a simmer. Taste again and thicken with a little cornflour if the sauce is too thin.
7. Spoon onto plates, serve with rice or potatoes and vegetables.



Hints, Tips and Adaptations

Gluten free, microwavable.

Use a splash of double cream instead of crème fraiche.

Use spinach, rocket or chopped fresh herbs instead of watercress

Chicken breast can be used, but be careful not to overcook or it will go dry.

Use onion or spring onion instead of leek.